

## How will I know if I have nerve damage?

Your doctor can tell whether you have nerve damage by asking about your symptoms and checking your

- blood pressure
- heart rate
- muscle strength
- reflexes
- response to vibrations and changes in temperature
- feet

Your doctor also may check

- your response to light touch on your feet with a soft nylon string, called a **monofilament** test
- how well your muscles respond to electrical signals by ordering a test called an **electromyogram** (EMG)

- how well and how fast your nerves can send electrical signals by ordering a test called a **nerve conduction velocity** test
- how your heart rate responds to deep breathing
- how your blood pressure responds when you go from lying down to sitting or standing
- whether your organs look healthy by ordering a test called an **ultrasound**

Tell your doctor if you have one or more symptoms of nerve damage.

